

**Holy Transfiguration
Melkite Greek-Catholic Church**
8501 Lewinsville Road, McLean, VA 22102

Rt. Rev. Mark Melone: 703-734-9198
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Deacon Joseph Olt: 240-651-0103
Deacon Elias Dorham: 202-417-6145

Website: www.holytransfiguration.org
Facebook: <https://www.facebook.com/HolyTransfigurationMelkiteMcLeanVA>

Church Services: Saturday-6:00 PM Vespers (Confessions available) Sunday-9:15 AM Orthros (Confessions available)
10:30 AM Divine Liturgy (Coffee Hour following)

March 1, 2020

H & S Archimandrite Mark Melone - Raymond & Irene Husson
H & S Khourieh June Kfoury - Family
H & S Deaconess Melissa Olt - Family
H & S Andrei Kovacs & Family- Family
H & S Elias & Eleni Katsaros - Family
H & S Kasper & Joyce Kfoury- Family
H & S Joshua & Emily Bickl- Flower Committee
H & S Raymond & Irene Husson - Flower Committee
H & S Jennifer Raetz - Margaret Baron
H & S James, Lila, & Cephus John Stephens – Flower Committee
+ Archimandrite Joseph Francavilla- Ricci Family
+ Archimandrite Charles Aboody - Mary Baroody
+ Presbyter Richard Rohrer- Severino Family
+ Reader Romanos Odermatt - Mary Baroody
+ Ade Bethune - Family
+ Anne Gallagher - Family
+ Antoinette Fakhouri - Family
+ Caynaan Saah - Family
+ Constantine Youssis- Family
+ George Tabash - Family
+ John Baird - Dorham Family
+ John Gregory Sasscer - Dorham Family
+ Laurice Jagganathan- Family
+ Maria Kovacs- Family
+ Marie Kfoury Singer - Family
+ Reema Samaha- Family
+ Salim Kanakry - Family
+ Virginia Kfoury - Family
+ Adel Saba - Handal Family
+ Jalil Sayed - Handal Family
+ Yousef Sayed- Handal Family
+ Anne Gallagher - Mary Baroody
+ David Zamory - Mary Baroody

Continued ~

+ Elizabeth Ashooh - Mary Baroody
+ Elsie Ashooh - Mary Baroody
+ Paul Marquardt- Mary Baroody
+ Robert Karczewski - Mary Baroody

Schedule at a Glance

Sunday, March 1	Sunday of Orthodoxy Sunday School/ Orthros, 9:15 AM Divine Liturgy, 10:30 AM
Monday, March 2	Presanctified Liturgy, 7:30 PM
Tuesday, March 3	Vespers, 7:30 PM
Wednesday, March 4	Presanctified Liturgy, 7:30 PM
Thursday, March 5	Great Compline, 7:30 PM
Friday, March 6	Akathist, 7:30 PM
Saturday, March 7	Divine Liturgy, 10:30 AM Vespers, 6:00 PM
Sunday, March 8	St. Gregory of Palamas Sunday School/Orthros, 9:15 AM Divine Liturgy, 10:30 AM

THE LADIES GUILD meeting today at 12:15 in the conference room. Ladies 18 and older are welcome to join!

THE COFFEE HOUR host for this Sunday is the Black family.

THE IDEAL IS SET BEFORE US – The Holy Canons specify the following from sundown of Cheesefare Sunday to Holy Pascha:

ABSTINENCE of meat (including poultry), meat products, dairy products, fish, olive oil, and wine.

NO ABSTINENCE of shellfish, fruit, vegetables, vegetable products.

During this time, Orthodox Christians regulate both the amount of food they eat and the number of times they eat each day. In other words, no food should be eaten between meals and at mealtime only a small portion of food should be eaten. On Saturdays and Sundays during the Great Lent the quantity and number of times food is eaten is not restricted and olive oil and wine may be taken.

THE 2019 CONTRIBUTION STATEMENTS are available. Please email the financial secretary at shondros@usptax.com. You will receive statement electronically as a pdf document.

THE BISHOP'S APPEAL The annual Bishop's Appeal is a vital means of support for our Melkite Church in the U.S. Your gifts to the Bishop's Appeal provide funding for many important works of our Eparchy, such as: the formation of our seminarians for the Priesthood and Diaconate; providing for our elderly priests; producing SOPHIA magazine; teaching the Faith to our children and young adults; establishing/supporting new missions and outreaches. Our Father and Shepherd, Bishop Nicholas asks every Melkite household in the U.S. to give at least \$100-\$200 each year to support our Eparchy in America.

Those who give a gift of \$1000 or more will be automatically enrolled in the Order of Saint Nicholas, the charitable society of our Eparchy. Our goal is 100% participation for our parish. Please send your gift today. May God bless your generosity.

EXTRA DONATION SLIPS for the Bishop's Appeal are available in the narthex. Pre-addressed envelopes are **not** available.

SENIOR SOCIAL Just as God invites us into a relationship with Himself, He calls us to have a relationship with each other.

The Ladies' Guild warmly welcomes all seniors, 60 and older, to a casual gathering on Saturday, March 7th, from 4-6 pm. The church hall will be reserved for you to enjoy light refreshments and visit with one another in a relaxed environment before vespers. Please RSVP your intentions to attend at ladiesguildht@gmail.com We hope you will find this opportunity a time to connect with your friends in Christ and look forward to hosting you!

FLOWERS FOR PASCHA 2020 In keeping with the custom of offering flowers for the living & reposed and having them remembered during Divine Liturgy, we encourage you to make a donation for the beautification of our church for Pascha. Pascha Flowers donation forms are available in the narthex; Emily Bickl can receive your donations (made out to Holy Transfiguration Church), or they can be mailed directly to "Holy Transfiguration Church, Attn: Emily Bickl, 8501 Lewinsville Road, McLean, VA 22102"

The Melkite Men – We are the men of the Holy Transfiguration Church who gather together for koinonia (κοινωνία), enjoying the company of other real men doing real men things - Orthodox praying, big bonfires, food, beverages & spiritual growth. Our koinonia is open to all men - Melkite or not, parishioners or not. Join us every first Saturday of the month. Our next meeting is Saturday March 7.

Meeting Schedule

- 6:00 PM Vespers
- 6:45 PM Agape Meal
- 7:30 PM Spiritual Talk with Father
- 7:45 PM Koinonia
- 9:00 PM Conclusion

For more information, contact Subdeacon Anson or Men@MelkiteMen.org Don't sit on the couch Saturday evening; come be a Melkite Man! "God became man so that man might become god." - St. Irenaeus

ST GREGORY THE THEOLOGIAN CATECHETICAL SCHOOL PRESENTS: *Great Lent Adult Ed Lecture Series*

Please join us for a series of Lenten lectures during the first 5 Sundays of Great Lent. The talks will be offered from 12:30-1:30 in the Parish Hall or patio area (weather permitting) based on the following schedule:

- 3/1 - Icons and the Triumph of Orthodoxy
- 3/8 - St. Gregory Palamas and Eastern Christian Prayer
- 3/15 - A Demonstration of the Prothesis Service
- 3/22 - The Path to Heaven - The Ladder of Divine Ascent
- 3/29 - St. Mary of Egypt: A Model of Repentance

DEACON HELPERS for the third week of March are as follows:

- 3/1 – Anthony Sauer
- 3/8 – Kolbe Jolma
- 3/15 – Julian Poynton
- 3/22 – Dmitri Baron